

36
WAYS
to Serve
BACON

ARMOUR AND COMPANY
CHICAGO



ARMOUR'S FIXED FLAVOR STAR BACON RECIPES

RECIPE	PAGE	RECIPE	PAGE
1 Bacon and Eggs.....	4	20 Turkish Stuffed Egg Plant.....	10
2 Bacon and Fried Apples.....	4	21 Bacon and Macaroni.....	10
3 Creamed Bacon.....	4	22 Liver and Bacon.....	11
4 Bacon Omelet.....	5	23 Brochette of Mushrooms and Bacon.....	11
5 Baked Rice.....	5	24 Creamed Bacon and Potatoes.....	11
6 Bacon Fat Sauce.....	5	25 Pan-Broiled Kidneys and Bacon.....	11
7 Frankfurters Wrapped in Bacon.....	6	26 Bacon Meat Loaf.....	12
8 Squaw Corn.....	6	27 Sautéed Corn, Bacon and Potatoes.....	12
9 Meat Cakes with Bacon.....	6	28 Chop Suey.....	12
10 Candied Sweet Potatoes with Bacon.....	6	29 Stuffed Bacon Slices.....	13
11 Cheese Toast with Bacon.....	6	30 Mexican Rice.....	13
12 Pigs in Blankets.....	7	31 Bacon and Olives.....	13
13 Bacon and Liver Loaf.....	7	32 Scrambled Bacon and Canned Corn.....	14
14 Bacon and Cheese Omelet.....	7	33 Spanish Lima Beans.....	14
15 Sunday-Night Savory.....	7	34 Ragout of Bacon and String Beans.....	14
16 Bacon and Tomatoes.....	7	35 Baked Beans.....	14
17 Roast Crown of Lamb.....	9	36 Baked Bacon.....	15
18 Fried Bacon with Gravy.....	10		
19 Bacon and Cabbage.....	10		

ILLUSTRATIONS IN COLOR

PAGE	PAGE		
Bacon and Eggs.....	4	Bacon Meat Loaf.....	12
Bacon Omelet.....	5	Stuffed Bacon Slices.....	13
Roast Crown of Lamb.....	8, 9		



ARMOUR'S
FIXED FLAVOR
STAR BACON
RECIPES



Prepared by DEPARTMENT OF FOOD ECONOMICS
ARMOUR AND COMPANY
CHICAGO

A NEW FLAVOR THRILL

Armour's Fixed Flavor Star Bacon

*I*F you thought Star Bacon was good before, you ought to taste it now. For Armour and Company's new "double-F" process gives new zest to an old favorite . . . new flavor which will revolutionize your previous conceptions as to just how good bacon really can be.

Hundreds of our friends said it could not be done. "You can't improve on perfection," they said. But—we did. Armour's Fixed Flavor is (and we know you will agree!) the tastiest bacon that ever passed your lips. Tender and mild, too.

The details of this new process are Armour and Company's secret, but we can tell you that they have to do with the selection of the stock, the ingredients of the curing, the temperature and duration of the smoking process and the elimination of all possibility of human error. Your own tongue will tell you the result—there is no other bacon like Armour's Fixed Flavor Star Bacon.

AN EXCELLENT FOOD FOR CHILDREN A recent number of *The Journal of The American Medical Association* states: "A slice of crisp bacon containing very little lean meat may be given to advantage during the last months of the first year." Here, instead of bacon and eggs for the lumber jack who works out of doors and consequently can digest anything, is the delicious and popular dish given scientific sanction for the baby of less than a year, whose delicate digestive apparatus demands wholesome food. What better recommendation could there be for serving bacon than this, and where could a better bacon than Armour's Fixed Flavor Star Bacon be found!

FIXED FLAVOR STAR BACON PROMOTES HEALTH Growing children should also be given Fixed Flavor Star Bacon. A school survey of American children shows that 40% are under-nourished. This condition is not due to a lack of food, but the lack of the proper kind of food. Malnutrition occurs in the homes of the rich as well as of the poor. And if there ever was a meal where the diet is invariably incorrect, it is at breakfast. By serving the child two or three slices of crisply cooked Fixed Flavor Star Bacon, sufficient body warmth and energy will be created to maintain vitality until the next meal. Mothers and teachers often find that children are peevish and dull by the middle of the morning. Bacon prevents that let-down of physical and mental energy and the desire for sweets of poorly fed children. Much of the digestion of bacon is done in the stomach therefore bacon continues

to pass a steady influx of energy into the blood stream over a period of hours, to meet the demands of muscle and brain cells, while fruits, cereals and toast are rapidly used up.

FIXED FLAVOR STAR BACON—A FOOD FOR INVALIDS For the convalescent and anemic, Fixed Flavor Star Bacon promotes rapid gain in health and vigor. Its fine, granular fat is quickly assimilated, and its delicate, savory flavor arouses languid appetites by stimulating the flow of digestive juices.

HOW FIXED FLAVOR STAR BACON IS SOLD The most popular form of Fixed Flavor Star Bacon is sliced, in pound and half-pound cartons. As the slicing is done by machine, every strip is wafer thin and of uniform size. Thus each slice can be cooked evenly to just the crispness desired. Fixed Flavor Star Bacon is also sold by the whole piece, which many find most economical.

HOW TO SLICE FIXED FLAVOR STAR BACON Have Fixed Flavor Star Bacon very cold and use a thin sharp knife, cutting to the rind until the desired amount is sliced. Then cut entirely through the rind and run the knife as close as possible, thereby separating the slices. The rind of Fixed Flavor Star Bacon should be saved and the fat "tried" out. The rind may be baked with beans, cooked with vegetables, or used to grease the griddle.

FIXED FLAVOR STAR BACON IN YOUR DIET For breakfast, Armour's Fixed Flavor Star Bacon has millions of friends. A tribute to its excellence is the fact that 80% is eaten at this morning meal.

But Fixed Flavor Star Bacon is more than a breakfast meat. It is equally good at all three meals. The recipes which follow will convince you of this and show you how to combine bacon with other foods. The addition of bacon to any food not only adds savor, but is one of the best means of extending meat flavor, or of dressing up a meal in the event of unexpected company.

As an appetizer, alone or with other meats, Fixed Flavor Star Bacon is most useful and delicious.

For the outing, bacon is almost indispensable.

For camping, fishing or auto trips, Fixed Flavor Star Bacon is a most desirable meat—easily carried and easily cooked. It not only whets the appetite, but serves as the foundation for substantial and satisfying meals. Broiled over the open campfire or fried in the pan, it is satisfying and pleasurable.

As an all-around food, adapted to a great variety of uses, convenient and nourishing, Armour's Fixed Flavor Star Bacon is unequalled.





Star Bacon and Eggs

Preparation, 10 minutes

1 PLACE thinly sliced Fixed Flavor Star bacon in cold frying pan and cook until crisp and brown, turning frequently and occasionally pouring off fat from pan. Remove bacon to platter and return fat to the pan. Slip Cloverbloom Eggs one at a time into the hot fat, and cook until the white is firm, basting frequently with the fat. Remove and serve on a platter with the bacon.

Star Bacon and Fried Apples

Preparation, 20 minutes

2 BROIL Armour's Fixed Flavor Star Bacon (or fry in a skillet), saving the drippings. Core apples, cut into eighths, and fry in drippings. Cover pan until apples are nearly done. Remove cover and let apples fry until brown. Serve with the bacon.

Creamed Star Bacon

Serves four

Preparation, 45 minutes

$\frac{3}{4}$ lb. Armour's Fixed Flavor Star Bacon cut in thin slices

1 cup Veribest Evaporated Milk, mixed
1 cup water

3 CUT the bacon in thin slices, cover with the liquid and let stand about twenty to twenty-five minutes. Then remove from the milk and roll in flour. Melt a small quantity of bacon drippings in a skillet, add the bacon and fry until crisp and brown. Place on a hot platter. Pour off half the bacon drippings and make a gravy adding the milk previously poured off the bacon. Pour the hot gravy over the bacon and serve immediately.

Armour's Fixed Flavor Star Bacon



Star Bacon Omelet

Serves five

Preparation, 25 minutes

DICE four slices of Armour's Fixed Flavor Star Bacon and fry slowly. Beat four Cloverbloom Eggs until light, add five tablespoons of milk, season with salt and a dash of paprika. Mix with bacon and cook until a light brown. Fold and serve on a hot platter. 4

Baked Rice

Serves four

Preparation, 45 minutes

SOAK one cup of rice in cold water over night. Drain in the morning, add fresh water and let come to a slow boil. After being thoroughly cooked drain off water and let steam a few minutes. Dice fine three or four slices of Armour's Fixed Flavor Star Bacon and fry very slowly in a pan. When cooked to a light brown add half an onion chopped fine. Let simmer together until thoroughly cooked and well blended. Add to rice and heat through and serve with Cloverbloom Cheese grated. 5

Star Bacon Fat Sauce

Serves eight to ten

Preparation, 20 minutes

5 tbsp. strained Fixed Flavor Star
Bacon fat
2 tbsp. flour
 $\frac{3}{8}$ tsp. paprika

$\frac{1}{3}$ cup vinegar
1 cup boiling water
2 Cloverbloom Egg yolks
Salt

HEAT fat, add flour and stir until smooth. Add seasoning, vinegar and water, mixed together. Stir until mixture begins to boil, remove from fire and beat in egg yolks. Add more salt if necessary. Chill thoroughly and serve with spinach, dandelion, endive, lettuce or cabbage salad. 6

Frankfurters Wrapped in Star Bacon

Preparation, 8 minutes

7 WRAP a slice of Armour's Fixed Flavor Star Bacon around each Star Frankfurter and fasten with a toothpick; place on the end of a pointed stick and cook over hot coals or under broiler until bacon is crisp.

Squaw Corn

Serves three to four

Preparation, 10 minutes

8 COOK $\frac{1}{2}$ cup diced Armour's Fixed Flavor Star Bacon until crisp, and pour contents of a can of corn into skillet. Cook for a few minutes, season to taste. Serve immediately.

Meat Cakes with Star Bacon

Preparation, 20 minutes

9 BIND a thinly cut strip of Armour's Fixed Flavor Star Bacon around each meat cake, overlapping by one inch and fasten with small wooden skewers. Bake in a hot oven about fifteen minutes, basting twice with the bacon fat.

Candied Sweet Potatoes with Star Bacon

Serves six

Preparation, 30 minutes

6 medium sized sweet potatoes
 $\frac{1}{2}$ c. brown sugar
 $\frac{1}{4}$ c. water

6 slices Armour's Fixed Flavor Star Bacon
1 tbsp. Fixed Flavor Star Bacon drippings
1 tsp. nutmeg

10 BOIL sweet potatoes fifteen minutes. Drain, peel, split lengthwise and place on flat baking pan. Mix sugar, bacon drippings, water and nutmeg and boil until sugar is dissolved. Pour over sweet potatoes and bake ten minutes in hot oven, turning once or twice. Remove to hot platter, pour over any remaining syrup and surround with slices of fried bacon.

Cheese Toast with Star Bacon

Preparation, 15 minutes. Serves six

11 FRY one-half pound of Armour's Fixed Flavor Star Bacon until delicately browned. Make a sauce of four tablespoons Fixed Flavor Star Bacon drippings, four tablespoons flour and two cups of milk. Season with $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprika ($\frac{1}{2}$ teaspoon Worcestershire Sauce if desired), and stir in $\frac{2}{3}$ cup of Cloverbloom Cheese grated. Cook about two minutes or until the cheese is melted. Pour over six slices of toast and place two or three slices of bacon on each slice of toast.



Armour's Fixed Flavor Star Bacon

Pigs in Blankets

Preparation, 15 minutes

ROLL a piece of thinly sliced Armour's Fixed Flavor Star Bacon around an oyster. Secure with a toothpick. Broil until bacon is crisp. Serve in hot dish garnished with quartered lemon and parsley. Canned tomato soup may be served as a sauce.

12

Bacon and Liver Loaf

Serves four

Preparation, 2 hours

REMOVE the skin from one pound of beef liver, cut into slices and cook in boiling salted water for five minutes. Drain, put through the meat grinder and add:

1 c. bread crumbs

1 tbsp. finely chopped onion

2 tbsp. Veribest Tomato Ketchup

1 Cloverbloom Egg, beaten

$\frac{1}{3}$ c. fresh pork, chopped

Juice $\frac{1}{2}$ lemon

Salt and pepper to taste

13

MIX well together and turn into a baking pan lined with slices of Armour's Fixed Flavor Star Bacon. Press the mixture firmly into the pan and lay strips of Armour's Fixed Flavor Star Bacon on top. Bake in a moderate oven 1 $\frac{1}{2}$ hours.

Bacon and Cheese Omelet

Serves six

Preparation, 30 minutes

$\frac{1}{2}$ cup finely cut Armour's Fixed Flavor

$\frac{1}{8}$ tsp. paprika

Star Bacon

Pepper to season

6 Cloverbloom Eggs

1 cup grated Cloverbloom Cheese

$\frac{1}{2}$ tsp. salt

6 slices Armour's Fixed Flavor Star Bacon

$\frac{1}{4}$ cup Veribest Evaporated Milk

broiled

$\frac{1}{4}$ cup water

14

BEAT eggs slightly and mix with milk, salt, paprika and pepper. Cook the diced bacon in a hot frying pan until brown. Pour in the egg mixture and cook slowly until firm. Spread the cheese over the omelet, and place in a hot oven for two minutes, fold, turn out on a hot platter and garnish with broiled bacon. Serve at once garnished with crisp watercress or radishes.

Sunday-night Savory

Serves four

Preparation, 20 minutes

PAN broil six slices of Armour's Fixed Flavor Star Bacon, remove and cut up into bits when cool. Now to the fat in the pan, add one minced onion, and one sweet pepper, stir until brown; then add one cup of tomato sauce. Stir into this two cups of cooked spaghetti. Season well, adding a little grated Cloverbloom cheese if desired. Stir in the Fixed Flavor Star bacon chips, and serve very hot.

15

Star Bacon and Tomatoes

Serves four

Preparation, 10 minutes

WIPE three large firm tomatoes and cut in halves crosswise. Sprinkle with a little salt, pepper and sugar and place in a pan. Arrange two or three slices of Armour's Fixed Flavor Star Bacon on each piece of tomato and place in a hot oven or under a broiler until bacon is crisp. Remove to a hot platter.

16

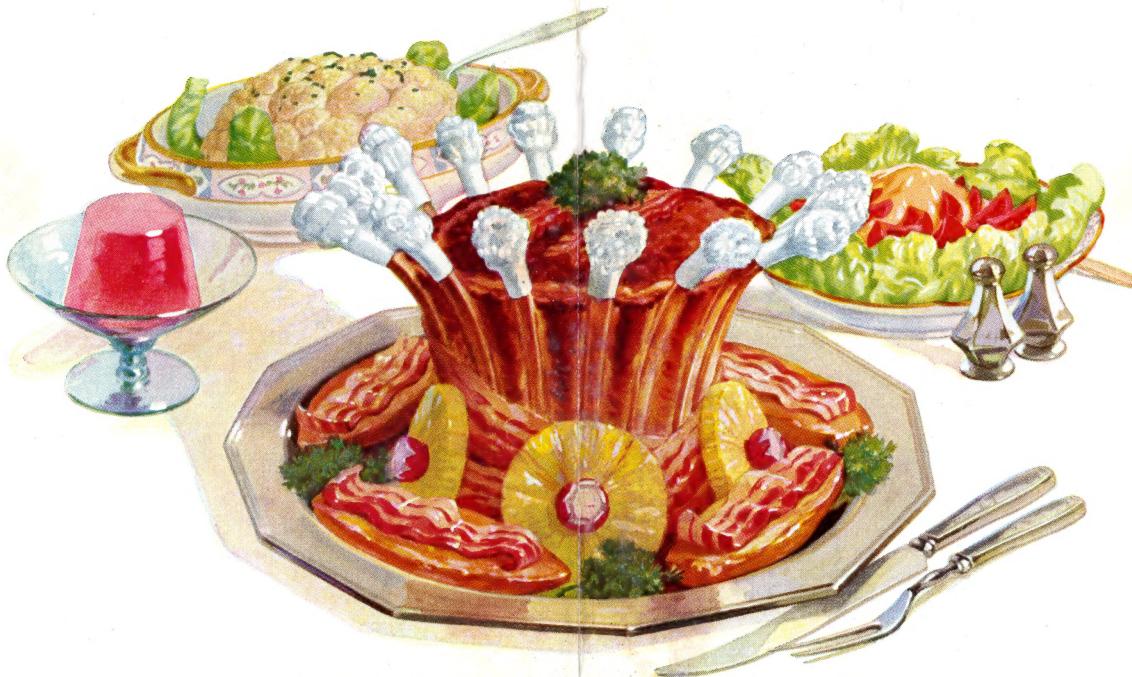
ARMOUR'S FIXED FLAVOR STAR BACON

CORRECT METHODS OF COOKING FIXED FLAVOR STAR BACON

BROILING: Place slices of Fixed Flavor Star Bacon on a wire rack over a dripping pan to save the fat. Broil under a hot fire, and when one side of the bacon is delicately browned, turn and brown the other side. This is the ideal method of cooking Fixed Flavor Star Bacon.

PAN BROILING: Place strips of cold Fixed Flavor Star Bacon in a cold frying pan over a low fire and cook slowly. Never let the bacon remain in the fat, but pour off the excess fat from time to time. Turn frequently, increasing the heat. When the bacon is crisp and brown it is ready to serve.

OVEN: Place strips of Fixed Flavor Star Bacon in a shallow pan and cook in a hot oven 400° F. Pour off excess fat from time to time or use a rack in the pan and when browned on both sides, serve immediately.



CROWN ROAST OF LAMB

Select parts from loin of lamb, scrape flesh from bone between ribs as far as lean meat, and trim off. Shape each piece in a semi-circle having ribs outside; sew pieces together to form crown—wrap strips of Fixed Flavor Star Bacon around the lower part of the crown. Fill center of crown with hamburg steak, mixed with lamb trimmings chopped. Cover filling with Fixed Flavor Star Bacon strips feathered at the sides. The ends of the bones should be trimmed very carefully. See that they are not too long. Wrap each bone in a thin strip of Fixed Flavor Star Bacon, or a small potato may be placed at each bone end to prevent it from burning. Sear for 20 minutes at 450° F., or a hot oven. Reduce heat to 350° F., or a moderate oven. Roast for two hours. Serve on a chop plate garnished with sautéed pineapple slices, radish ends, candied sweet potatoes and broiled Fixed Flavor Star Bacon.

Bacon Dish	Relish	Potatoes	Vegetable	Salad	Dessert
Star Bacon and Cheese Omlet	Creole Sauce	Parsley Potatoes	Peas and Carrots	Apple Salad	Jellied Prunes Whipped Cream
Star Bacon and Liver	Chow-chow	Au Gratin Potatoes	Buttered Beets	Slaw	Apricot Cobbler
Creamed Star Bacon	Ripe Olives	Boiled Potatoes	Brussels Sprouts	Lettuce Salad	Cookies Canned Fruit
Meat Cakes with Star Bacon	Mustard Pickle	Creamed Potatoes	Baked Tomatoes	Asparagus Salad	Devil's Food Cake
Pan-broiled Kidneys with Star Bacon	Pickled Beets	Escalloped Potatoes	Buttered Onions	Vegetable Salad	Apple Pie
Stuffed Star Bacon Slices	Green Tomato	Riced Potatoes	Corn on the Cob	Cress and Cheese Salad	Black-berry Roll

*What To Serve
WITH
ARMOUR'S
FIXED FLAVOR
STAR BACON*

Bacon Dish	Relish	Potatoes	Vegetable	Salad	Dessert
Star Bacon and Southern Beef	Sweet Pickles	Duchess Potatoes	Cabbage	Tomato Salad	Strawberry Bavarian Cream
Baked Vegetables and Star Bacon	Celery			Banana Nut Salad	Peach Upside Down Cake
Star Bacon Mear Loaf	Spanish Sauce	Baked Potatoes	Spinach	Combination Salad	Lemon Cream Pie
Sweetbreads and Star Bacon	Olives	French Fried Potatoes	Green Beans	Cucumber Salad	Glorified Rice
Mexican Rice	Chutney		Creamed Asparagus	Vegetable Salad	Chocolate Pudding
Turkish Stuffed Egg-plant	Green Pepper Relish	Hashed Brown Potatoes		Perfection Salad	Stuffed Baked Apples

Fried Star Bacon with Gravy

Serves three to four

$\frac{3}{4}$ lb. Armour's Fixed Flavor Star Bacon, thinly sliced

Preparation, 15 minutes

4 tbsp. flour

$1\frac{1}{2}$ cup rice or vegetable stock

18 FRY the bacon crisp and brown; remove the pieces to a hot plate; add flour to the drippings. Stir until smooth; add the cold stock, continue stirring; boil for five minutes. Add seasoning to taste. Pour over the bacon, and garnish with toast points.

Star Bacon and Cabbage

Serves four to five

Small head white cabbage
 $\frac{1}{2}$ lb. Armour's Fixed Flavor Star Bacon
 (in one piece)
 $\frac{1}{2}$ c. Veribest Evaporated Milk
 $\frac{1}{2}$ c. water

Preparation, 1\frac{1}{2} hours

1 heaping tbsp. flour
 1 tbsp. Cloverbloom Butter or 3X
 Oleomargarine
 Pepper and salt

19 CUT cabbage in quarters, soak in slightly salted ice cold water for half an hour, then chop coarsely and cook 20 minutes in fresh boiling water. Make a cream sauce of milk, flour and butter, seasoning to taste. Put a layer of drained cabbage in baking dish, cover with some of the sauce, add the bacon previously parboiled for 20 minutes, the rind removed and top scored. Arrange remaining cabbage around bacon, pour over the remainder of the cream sauce, and bake in medium or 350° F. oven for half an hour, or until bacon and cream are well browned. Serve with little vinegar pickles and plain boiled potatoes.

Turkish Stuffed Egg Plant

Serves five

Preparation, 45 minutes

20 CUT tops off two small egg plants, remove and chop the inside, add $\frac{3}{4}$ cup Armour's Fixed Flavor Star Bacon, diced and cooked until golden brown, an equal amount of bread crumbs and bind with one Cloverbloom Egg, season with salt and pepper to taste. Fill egg plants with the mixture. Sprinkle with buttered crumbs and bake one-half hour in a hot oven.

Star Bacon and Macaroni

Serves four

1 cup macaroni
 1 cup Armour's Fixed Flavor Star Bacon
 1 cup stock

Preparation, 40 minutes

$\frac{1}{4}$ cup Fixed Flavor Star Bacon
 drippings
 Nutmeg
 Salt and pepper to taste

21 BREAK the macaroni into small pieces, put into slightly salted water, boil rapidly for five minutes, then drain well. Have some stock boiling in a saucepan, put in the macaroni, and stew until tender, but not too soft. Cut Fixed Flavor Star Bacon into small dice, fry slightly in pan, then add the well-drained macaroni, bacon drippings, a good pinch of nutmeg and salt and pepper to taste. Stir gently over the fire until the macaroni acquires a nice brown color, turn on a hot dish and serve. Serves four portions.

Armour's Fixed Flavor Star Bacon

Liver and Star Bacon

Serves six

6 slices Armour's Fixed Flavor Star Bacon
6 slices calves liver
2 tbsp. flour

Preparation, 35 minutes

1 cup water
Salt and pepper
Stuffed olives

TRIM outer membrane from liver slices, sprinkle with salt and roll in flour. Place in frying pan with four tablespoonfuls of Fixed Flavor Star Bacon drippings and cook slowly fifteen minutes, turning occasionally. Cover closely and steam five minutes before removing from fire. Serve on hot platter. Place a strip of fried bacon on each piece of liver. Garnish with sliced stuffed olives and parsley. Add flour to drippings in pan. Brown. Gradually add water, stirring constantly. Cook five minutes, season with salt; a little pepper and add half a dozen chopped olives. Or a pan gravy may be made by adding a little cream or Veribest Evaporated Milk to the drippings in the pan. Let it come to a boil, season with salt and pepper and pour around the meat.

22

Brochette of Mushrooms and Star Bacon

Preparation, 10 minutes

PEEL fresh mushroom caps and discard the stems (use the peeling and stem for some other dish). Break the prepared caps, if large, in two or three pieces each; roll in melted Cloverbloom Butter and press on skewers, alternately, with very thin pieces of Armour's Fixed Flavor Star Bacon an inch square. Broil about four minutes on each side or cook in a hot oven. Push from the skewers to slices of hot toast, spread over the whole maitre d'hotel butter, and serve at once.

23

Creamed Star Bacon and Potatoes

Serves five

1 cup finely chopped cooked Fixed Flavor Star Bacon
2 cups potatoes, cut in dice
3 tbsp. Fixed Flavor Star Bacon drippings
3 tbsp. flour

Preparation, 15 minutes

$\frac{3}{4}$ cup water
1 tbsp. minced parsley
1 tbsp. minced green pepper
 $\frac{1}{2}$ tbsp. minced celery
Salt and pepper to season

ADD the chopped pepper, celery and parsley to the bacon drippings and cook slowly for a few minutes. Stir in the flour and then add all the liquid. Cook until thick and smooth. Add Fixed Flavor Star Bacon and seasonings, then the cold potatoes. Cover and re-heat over hot water or a low fire. Sprinkle with chopped parsley and paprika. Serve very hot.

24

Pan-Broiled Kidneys and Star Bacon

Preparation, 25 minutes

WASH and split lamb or veal kidneys; remove skin and center core. Cook thinly sliced Armour's Fixed Flavor Star Bacon in a frying pan. Remove to hot platter. Place kidneys in the hot frying pan, cover, reduce heat and cook for ten minutes. Remove kidneys, make gravy by adding two tablespoons of flour and one cup boiling water or soup stock to fat in pan. Pour gravy over bacon and kidneys and serve immediately.

25



Star Bacon Meat Loaf

Serves six

$\frac{1}{4}$ lb. Fixed Flavor Star Bacon

$\frac{1}{2}$ lb. lean veal

$\frac{1}{2}$ lb. lean beef

6 slices Fixed Flavor Star Bacon

26

GRIND the meat. Mix with chopped green pepper, eggs, milk, and bread crumbs. Line a baking pan or casserole with strips of Fixed Flavor Star Bacon. Fill with the meat mixture. Lay strips of bacon over the top. Bake in a 400° F. oven for 45 minutes. Turn upside down on a large platter and garnish with vegetables or mashed potatoes.

Sautéed Corn, Star Bacon and Potatoes

Serves five to six

27

$\frac{3}{4}$ cup diced Armour's Fixed Flavor Star Bacon
 $\frac{2}{3}$ cups diced potatoes

COOK bacon in frying pan, add potatoes, seasonings, and sauté until golden brown. Stir in corn, continue stirring until delicately browned. Serve hot.

Chop Suey

Serves five to six

28

6 slices Armour's Fixed Flavor Star Bacon, diced
 $\frac{1}{2}$ cup diced celery
 $\frac{3}{4}$ cup sliced onion
 $\frac{1}{2}$ lb. round or flank steak

COOK the bacon until a light brown. Grind or chop the meat, mix the onion and celery with the meat, add to bacon and cook until well brown; then add tomatoes and water and boil ten minutes. Thicken with flour if necessary. Add seasonings and serve with boiled or steamed rice.

Preparation, 1 hour

1 green pepper

2 Cloverblood Eggs

1 cup milk

1 cup bread crumbs

Preparation, 15 minutes

1 to 2 cups cold cooked corn
 Salt and pepper, paprika

Preparation, 45 minutes

$1\frac{1}{2}$ cup canned or puree tomatoes

$\frac{1}{2}$ cup boiling water

Salt, pepper, soy bean sauce

3 tbsp. flour

Boiled or steamed rice

Armour's Fixed Flavor Star Bacon



Stuffed Star Bacon Slices

Serves four to five

15 slices Armour's Fixed Flavor Star Bacon

Preparation, 20 minutes

2½ cups bread crumbs

MAKE a moist bread dressing. Place one heaping teaspoonful on one end of slice of Fixed Flavor Star Bacon; roll the bacon slice around the dressing and fasten with a toothpick or small skewer. Broil, turning frequently to brown on all sides, or fry in pan turning to cook evenly on all sides, basting with the drippings.

29

Mexican Rice

Serves six

¾ cup diced Armour's Fixed Flavor Star Bacon

1 cup rice

1½ cup tomatoes or

3 large ripe ones

Preparation, 40 minutes

½ cup finely sliced onions

¾ tsp. salt

1 tbsp. Chili powder

1 qt. boiling water

2 hard cooked Cloverbloom Eggs

COOK the bacon in a sauce pan; wash the rice thoroughly, drain and add to hot fat. Stir occasionally and cook until the rice begins to color. Add onion, tomatoes, seasoning and chili and cook for ten minutes, stirring frequently. Add the water, cover and cook slowly until the rice is tender and liquid absorbed. If necessary add more water to prevent rice from burning. When done garnish with eggs cut in quarters.

30

Star Bacon and Olives

Preparation, 5 minutes

WRAP a strip of Fixed Flavor Star Bacon around a large stuffed olive. Skewer with a toothpick. Broil until bacon is crisp and golden brown. Serve on rounds of toast as an appetizer for the first course of a dinner.

31

Scrambled Star Bacon and Canned Corn

Serves four

$\frac{1}{2}$ lb. Armour's Fixed Flavor Star Bacon, diced
1 can sweet corn
4 Cloverbloom Eggs

Preparation, 10 minutes

$\frac{1}{2}$ cup milk
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. pepper

32 Cook diced bacon in deep skillet until slightly brown, then add the corn. Stir until hot. Beat the eggs until light, add the milk and seasoning and pour over bacon mixture. When eggs are set serve on hot buttered toast, garnish with cress or parsley.

Spanish Lima Beans

Serves five to six

$\frac{3}{4}$ cup Armour's Fixed Flavor Star Bacon, diced
1 cup dried lima beans
2 to 3 onions
1 can tomato puree

Preparation, 2½ hours

2 bay leaves
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{2}$ tsp. paprika
2 tbsp. flour

33 Soak the beans over night in cold water and cook slowly for two hours or until soft. Fry the diced Fixed Flavor Star Bacon in a skillet, add the onions and cook until evenly browned. Add the tomato puree, bay leaves, seasoning and flour. Cook for a few minutes, then add the beans drained. Serve as the main dinner dish, garnish with sautéed tomatoes, chopped parsley or sautéed rings of green pepper.

Ragout of Star Bacon and String Beans

Serves four to five

1 cup diced Armour's Fixed Flavor Star Bacon
3 onions

Preparation, 30 minutes

6 small potatoes
1 qt. string beans
Salt and pepper

34 Cook diced Fixed Flavor Star Bacon in skillet, add sliced onions and string beans and cook five minutes. Add one quart boiling water and cook until beans are half done, then add potatoes cut in halves. When potatoes and beans are done, serve in vegetable dish with gravy.

Baked Beans

Serves six to eight

1 qt. navy beans
 $\frac{1}{2}$ to 1 lb. Armour's Fixed Flavor Star Bacon
1 tablespoon salt

Preparation, 8 hours

$\frac{1}{2}$ tsp. pepper
1 tbsp. mustard
 $\frac{1}{4}$ cup brown sugar or molasses

35 Pick over the beans, cover with cold water, and soak over night. In the morning, drain, cover with fresh water, heat slowly, keeping water below boiling point, and cook until skins just start to crack. Drain beans, place in bean pot or casserole and bury bacon in the beans leaving the rind exposed. Mix salt, pepper, mustard, molasses, add one cup boiling water and pour over beans. Then add enough boiling water to cover the beans. Cover bean-pot or casserole and bake slowly six or eight hours, uncovering the last hour of cooking that rind may become brown and crisp. Add water as needed.

Baked Star Bacon

Serves six to eight

4 lbs. Armour's Fixed Flavor Star Bacon

Cold water

1 1/2 tsp. dry mustard

Preparation, 3 1/2 hours

1 1/2 cups vinegar

2 1/2 cups boiling water

Brown sugar

WASH Fixed Flavor Star Bacon, place in large kettle of cold water. Let come to a boil. Boil ten minutes. Reduce flame and simmer. Cook slowly 2 1/2 hours. Take bacon from the water, remove the rind and place fat side up in baking pan. Bake slowly one-half hour, basting with a mixture of 1 1/2 teaspoons dry mustard, 1 1/2 cups vinegar, 2 1/2 cups boiling water. Remove from oven, sprinkle surface of bacon with brown sugar and continue baking one-half hour or until done. Serve with spinach, cabbage, sauer kraut or any winter vegetable. Serves 6 to 8 portions.

36

What to do with the Drippings

Fixed Flavor Star Bacon drippings add flavor to every food that is cooked in them, or in which they are used. Drippings from properly cooked Fixed Flavor Star Bacon will be light colored and sweet in flavor.

The delicious spicy flavor of Fixed Flavor Star Bacon drippings will make the most tasteless dishes quite acceptable. The flavor of drippings is very desirable for use in sauces for meats and vegetables. When added to the dressing for fowl and other meats, a particularly rich quality is produced.

For shortening purposes in pastry and making cake, the drippings may be substituted, thereby reducing the fat bill. Gingerbreads and spice cakes are especially good when made with the Fixed Flavor Star Bacon drippings because of the added spicy flavor. When substituting bacon drippings for shortening, proceed as follows:

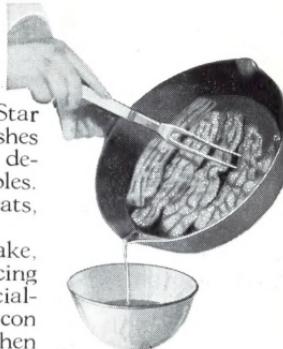
Cake or cookies, use half as much drippings as butter called for.

Muffins, use half as much drippings as butter called for.

Pastry for meat pies, equal portions drippings as lard called for.

Bread, use same amount drippings as shortening called for.

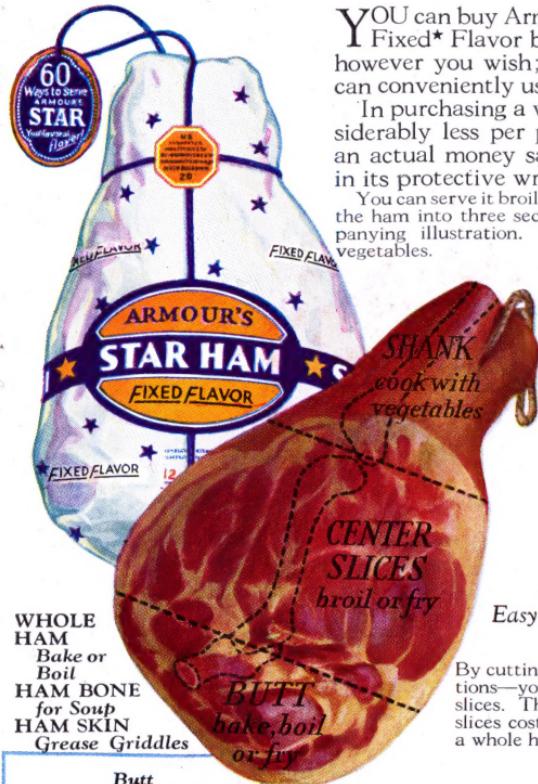
Baking Powder Biscuits, use same amount drippings as shortening called for.



Left-over Fixed Flavor Star Bacon

Bits of Fixed Flavor Star Bacon left from the meal should be saved. When cold, the bits may be crushed fine and added to the sauce for vegetables, or sprinkled over potatoes, or salads. Added to eggs, the left-over bacon may be made into tasty sandwiches or delicious omelets, thereby increasing the food value as well as adding flavor. Bacon muffins are becoming very popular in many of the well-known hotels.

It Is Economical to Buy a Whole Armour's FIXED FLAVOR Star Ham



YOU can buy Armour's "Star" Ham with the Fixed* Flavor by the slice, by the piece, or however you wish; but even the small family can conveniently use a whole "Star" Ham.

In purchasing a whole ham you get it at considerably less per pound; therefore you enjoy an actual money saving. The ham keeps well in its protective wrapping.

You can serve it broiled, boiled, fried or baked. Divide the ham into three sections, as indicated in the accompanying illustration. You can boil the shank with vegetables.

Slice the center portion for frying or broiling. You will find these slices make tempting ham steaks, unusually good-looking and especially tasteful; a welcome change now and then for all the family.

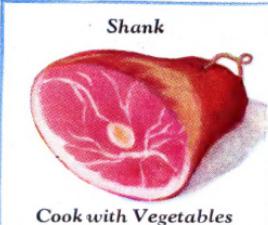
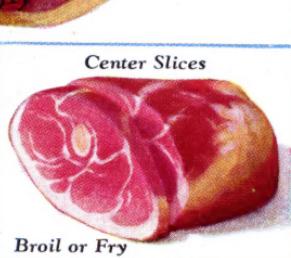
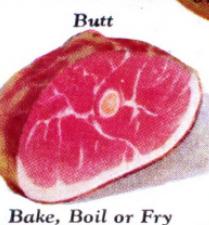
Bake the butt for a pleasing main course, or serve it in any of the many other appetizing ways.

Any portion is easily and quickly prepared. Left-over cooked portions may be creamed, or served with cold cuts, attractively garnished. As a sandwich filler it has no equal. Each style of service has its own peculiar charm that assures the saving grace of variety.

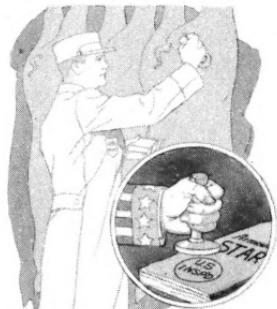
Easy to Keep—Easy to Prepare

—Easy to Serve

By cutting a ham on the bias—in three sections—you increase the number of center slices. This is true ECONOMY, for center slices cost twice the pound price asked for a whole ham.



The Importance of U. S. Government Inspection



DO YOU know that only 65 per cent of the meat sold in this country is U. S. Government Inspected?

Yet, it is true, and the fact doubly emphasizes the necessity of insisting that the little government inspection stamp appears on all food products you purchase.

Each of the big Armour Plants is under the daily supervision of a corps of U. S. Government experts. It is their duty to safeguard your food supply—make certain that the Armour foods you obtain through Armour dealers are pure, fresh and of finest quality.

Look for the U. S. Government Inspection stamp. It appears on every Armour food product and is your guarantee of dependable quality—always.

Knowing the positive purity of Armour's foods, you will enjoy these and the many other products bearing the familiar and dependable name "Armour," as well as the U. S. Government Inspection stamp.

FIXED FLAVOR "STAR" HAM
FIXED FLAVOR "STAR" BACON
FIXED FLAVOR "STAR"

SLICED BACON IN CARTONS
"STAR" SUMMER SAUSAGE
"STAR" SALAMI SAUSAGE
"STAR" PURE LARD
(Pails and cartons)

SIMON PURE LEAF LARD
Made from 100% Leaf Fat
(Airtight tins)
VEGETOLE
(Vegetable Shortening in pails and cartons)

VERIBEST CANNED MEATS
VERIBEST PORK AND BEANS
VERIBEST EVAPORATED MILK
VERIBEST PEANUT BUTTER
3X AND NUTOLA OLEOMARGARINE

Also

CLOVERBLOOM BUTTER
CLOVERBLOOM EGGS
CLOVERBLOOM CHEESE
CLOVERBLOOM POULTRY

